

Health Resources For Your Fifties

This subject guide contains age-group specific resources available to you in Meriter's Community Health Resource Library. These items are suggestions of where to start when looking for information on a health-related topic. The italicized words under each title refer to that title's call number (or location) in the library. Many more books and videos are available on each topic and can be found in the library's catalog (<http://204.50.92.71/search.asp?mode=search>) or you can browse the collection in person! Please see below for more information about the library.

General Wellness/Prevention (Men and Women)

Overall Health

- The Healthy Boomer : A No-Nonsense Midlife Guide For Women and Men
Medical Guides
- The Women's Heart Book : The Complete Guide To Keeping Your Heart Healthy
Heart Disease & Stroke

Colorectal Cancer/Health

- Colorectal Cancer : A Thorough and Compassionate Resource for Patients and Their Families
Cancer

Arthritis

- Strong Women and Men Beat Arthritis : The Scientifically Proven Program That Allows People With Arthritis to Take Charge of Their Disease
Arthritis
- The Arthritis Bible : A Comprehensive Guide to Alternative Therapies and Conventional Treatments for Arthritic Diseases
Arthritis

Stroke

- Stroke Free For Life : The Complete Guide to Stroke Prevention and Treatment
Heart Disease & Stroke
- Stroke : What Every Person Needs to Know
Heart Disease & Stroke

Joint Health

- A Patient's Guide to Knee and Hip Replacements : Everything You Need to Know
Other Health Concerns

Heart Health (Blood Pressure/Cholesterol)

- The Total Guide to a Healthy Heart : Integrative Strategies for Preventing and Reversing Heart Disease
Heart Disease & Stroke
- The blood pressure book : how to get it down and keep it down
Heart Disease & Stroke
- The heart of the matter : the African American's guide to heart disease, heart treatment, and heart wellness
Heart Disease & Stroke

Diabetes

- The Joslin Guide To Diabetes : A Program For Managing Your Treatment
Diabetes

Grandparenting

- My Grandbaby & Me : A Learn & Play Program - video
Pregnancy & Childbirth

Health Topics Specific To Men

Overall Health

- Facing Your Fifties : Every Man's Reference Guide To Mid-Life Health
Men's Health

Cancer

- Men's Cancers : How to Prevent Them, How to Treat Them, How to Beat Them
Cancer
- Breast Cancer Husband : How to Help Your Wife (and Yourself) Through Diagnosis, Treatment, and Beyond
Cancer-Breast
- American Cancer Society's Complete Guide to Prostate Cancer
Cancer-Prostate
- The Prostate Cancer Protection Plan : The Powerful Foods, Supplements and Drug that Could Save Your Life
Cancer-Prostate

Health Topics Specific to Women

Heart Health

- Strong Women, Strong Hearts : Proven Strategies to Prevent and Reverse Heart Disease
Heart Disease & Stroke

Ovarian Cancer

- 100 Questions & Answers About Ovarian Cancer
Cancer
- A Guide to Survivorship for Women With Ovarian Cancer
Cancer

Breast Cancer (Prevention/Treatment)

- Breast Cancer Basics and Beyond : Treatments, Resources, Self-Help, Good News, Updates
Breast-Cancer
- Dr. Susan Love's Break Book
Women's Health

Sexuality

- For Women Only : A Revolutionary Guide to Reclaiming Your Sex Life
Sexuality/STD

Menopause

- Dr. Susan Love's Menopause and Hormone Book : Making Informed Choices
Women's Health-Menopause
- The Menopause Self Help Book : A Woman's Guide to Feeling Wonderful for the Second Half of Her Life
Women's Health-Menopause

Brought to you by the Meriter Community Health Resource Library

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Library Hours:
Monday 10:00am – 6:00pm
Tuesday-Thursday 10:00am – 7:00p
Friday 10:00am – 3:00pm
Saturday-Sunday Closed

Access and Borrowing Policy:

The resource library is free and open to all residents of South Central Wisconsin. There is not charge for printing, downloading, or copying of information. Once you have registered, you can check out any consumer health materials from the collection. Materials can be checked out for three weeks and may be renewed, once only, unless a hold has been placed by another patron. You can either renew in person, by phone, or through email at library@meriter.com.